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(2-3746)

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Lawrence Livermore  
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Health Services Department

*Hazards Control Department*

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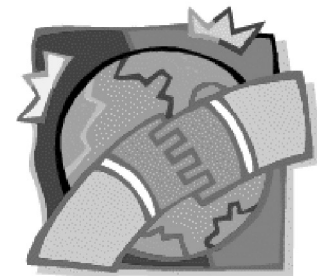
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This work was performed under the auspices of the U.S. Department of Energy  
by University of California, Lawrence Livermore National Laboratory under  
Contract W-7405-Eng-48.

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## Early Intervention Program

Connecting employees  
in discomfort with  
ergonomics specialists to  
prevent injuries



Phone: 2-ERGO  
925-422-3746  
LLNL's Ergonomics Hotline

# What is the EIP?

The Early Intervention Program (EIP) provides individualized services to employees experiencing discomfort associated with work activities, whether the cause is work related or not. A multi-disciplinary team of ergonomics specialists and medical professionals from the Health Services and Hazards Control departments provide support to employees at their work site.

Services for employees in discomfort may include:

- Assessment of ergonomics needs
- Enhanced education on ergonomics and related health issues
- Individualized exercise and stretching plans
- Self-care instructions
- Worksite consultations by medical professionals
- Biofeedback to help reinforce self-awareness techniques
- Videos and photos for training and educational purposes
- Follow-up visits until discomfort is resolved or a recommendation for medical referral is made

Other services provided by ergonomics specialists include:

- Work group ergonomics and interventions, including:
  - Ergonomics risk analysis
  - Customized education and training
  - Exercise, body mechanics and stretching programs
  - Job task and work practice redesign
  - Equipment and furniture selection
- Individual ergonomics evaluations for employees with complex job tasks or health-related concerns

## Our Goal

The goal of the EIP is to intervene at the earliest sign of discomfort to help prevent the progression of discomfort to injury.

